

AT EASE!

June Community Support Programs
Information source for FFR, Fleet & Family Support Services, Family Housing and the Galley!

 **FREE
FREE
FREE**
Presents

Live at Dealey Theater
Saturday, June 30
6 p.m.



**Call ITT
for details
694-3238**



The Spirit of America Tour is a part of the California-based Robert and Nina Rosenthal Foundation, a non-profit corporation.
www.spiritofamericatour.org

- Guests please note:
- NO personal fireworks or sparklers permitted.
 - NO food, beverage or coolers permitted.
 - NO carry-on back packs or bags
exceptions may be made for diaper bags and purses.
 - All vehicles & accepted bags are subject to inspection.



FREE*
Military Admission
on July 4, 5, and 8!

*Active duty, Retirees, Reservists and family members with valid military ID.

Bracelet Days
Thursday, July 5, 5 to 9 p.m.
Sunday, July 8, 1 to 6 p.m.

\$16 Unlimited Ride Bracelet

Fireworks

July 7, 9:30 p.m.
rain date July 8

July 4 through 8

Rain or Shine!
Open to the public

\$4 Admission

Hootie & the blowfish
concert
July 4, 7 p.m.

Wednesday July 4, 3 to 11 p.m.
Thursday July 5, 5 to 11 p.m.
Friday July 6, 5 to 11 p.m.
Saturday July 7, 3 to 11 p.m.
Sunday July 8, 1 to 6 p.m.

SUBFEST 2007

HOUSING EXCEPTION TO POLICY GUIDELINES

One example of an exception to policy is when a service member requests to leave his/her family behind in GMH Military Housing, located at Subase New London.

There are several reasons why a service member may find themselves considering this option:

- TDY in excess of 90 days
- Unaccompanied tour
- Transferring with no ultimate activity
- Personal issues
- Individual augmentaion



Follow below procedures if you would like to file and exception to policy to leave your family behind.

- Obtain a "request to leave family" form, available at all GMH locations as well as the Navy Housing Welcome Center.
- Request a command endorsement letter from your current command.
- Return the leave form and command letter, along with a copy of your orders to GMH.
- Contact GMH to make an appointment for a pre-inspection.
- GMH will bring the request to the weekly exception board meeting for review.
- GMH will notify the service member of the decision within seven to ten business days.

Points of Contact
Navy Housing Welcome Center
(860) 694-3851
GMH Military Housing
(860) 446-5913

10-WEEK DAY CAMP
Monday through Friday
6:30 a.m to 5:30 p.m.

\$50 Deposit required
to hold your spot.
Ages five through 12 welcome!

**At the Subase
Youth Center
Rte. 12, Groton**
Please call 694-4702 for more
information.



SUMMER 2007 Camp Ojiketan

The Positive Place For Kids

BOYS & GIRLS CLUBS
Navy MWR Mid-Atlantic Region
a member affiliate

For details, call 694-4960.

YOUTH SWIMMING LESSONS

Tuesday and Thursday
Parent/child 9 to 9:30 a.m.
Level 1, 9:30 to 10 a.m.
Level 2, 10 to 10:30 a.m.
Level 3+, 10:30 to 11:15 a.m.

JUNE LESSONS

Monday, Tuesday and Thursday
Evenings
Level 2, 5:30 to 6 p.m.
Level 3, 5:30 to 6:15 p.m.
Level 1 6 to 6:30 p.m.
Level 4 6:30 to 7:15 p.m.
Level 5 & 6 6:30 to 7:15 p.m.
Level 2 7 to 7:30 p.m.

ADULT SEMI_PRIVATE LESSONS

Made available for active duty.
No charge
Classes by appointment only.

NEW GUARD START PROGRAM

Begins end of June
For youths ages 11 to 14 who are
interested in becoming future
lifeguards.

BIRTHDAY PARTIES AT THE POOL

Begin in July, book your party now!
Floats, toys, pizza, and more!

NORTH LAKE

Opening day June 9!
Open daily through Labor day 10 a.m.
to 6 p.m.

NORTH LAKE & ROCK LAKE PAVILIONS

Reservations are available on a first
come first serve basis.

SWIM FIT EXERCISE PROGRAM

Start counting your laps and total
them up!
Patrons that sign up and swim 100
miles get a free Swim Fit T-shirt!

The 100-Mile Swim Fitness Challenge



I DID IT, CAN YOU?
U.S. Naval Subase New London

Subase Aquatics

For more information please call
the Subase swimming pool at
(860) 694-3562

Battle of the Commands JUNE 6



BodyWorks Fitness Center Presents

Step Aerobics

Monday, Wednesday & Friday
6 to 7 a.m.

Tuesday & Thursday
5 to 6 p.m.

Free Class



CONTACT OUR FACILITIES!

Auto Skills Center	694-3582	Library	694-3723	Child Development Center #4	694-3215
Aquatics Pool and Lakes	694-3562	Morton Hall Gymnasium	694-4205	Child Development Housing	694-5116
Bellissimo's Café	694-3192	Outdoor Adventure Center	694-2299	School Age Children	694-4702
Bodyworks Fitness Center	694-4784	Racquetball Center	694-5020	Subase Youth Center	694-4702
Dealey Theater	694-3358	Recreational Outfitters	694-3380	Family Housing	694-3851
Fleet Recreation	694-3002	Reunion's Deli	694-3433	Fleet & Family Support	694-3383
Fouled Anchor Lounge	694-3721	Reunion's Pub	694-1751	Bachelor Housing	694-3416
Goose Run Golf Course	694-3763	Subase Lanes Bowling	694-3477	Galley	694-2971
ITT	694-3238	Thames View Marina	694-3164		
Admiral Fife Park (via ITT)	694-3238	Vet Clinic	694-4291		
Liberty Program	694-4958	Child Development Center #1 & #5	694-5965		

www.nsa-norva.navy.mil



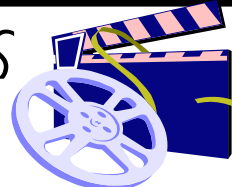
The Liberty program is offered to junior enlisted men and women and is designed to meet the leisure needs of single sailors ages 18 to 25. We offer trips and activities at reduced cost for these sailors.

JUNE EVENTS

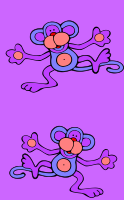
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| 2 | Boston Trip
\$20 for transportation, departs 9 a.m. | 17 | Free hiking trip , 2 to 5 p.m. |
| 3 | National Donut Day! | 18 | Miniature golf , departs 5 p.m.
\$3 for transportation, 18-holes payable at course |
| 4 | Pool tournament , 5 p.m. | 20 | Free dinner and a movie
departs 5:30 p.m. |
| 6 | Free bowling and pizza at Subase lanes
5 to 6:30 p.m. | 21 | Pool tournament , 5 p.m. |
| 7 | Soul Caliber III tournament , 5 p.m. | 22 | Fight Night Round 3 tournament , 5 p.m. |
| 8 | Sundae on Friday , \$2 to make your own | 23 | Summer BBQ
starts at noon, free food and games |
| 9 | Six flags Trip
\$30 for ticket and transportation, departs 9 a.m. | 24 | Deep sea fishing trip , TBD |
| 10 | Texas hold em tournament , 1 p.m. | 25 | June birthday party night! |
| 11 | Wing Night | 27 | Useless knowledge trivia night , 5 p.m. |
| 13 | Useless knowledge trivia night , 5 p.m. | 28 | Go-kart racing and batting cages
\$3 for transportaion, rides & pitches payable at track |
| 14 | Halo 2 tournament , 5 p.m. | 29 | Texas hold em tournament , 6 p.m. |
| 15 | "Fantastic Four:
Rise of the Silver Surfer" | 30 | Beach trip to Misquamicut, Rhode Island
\$5 for transportation, departs 11:30 a.m. |
| 16 | New York City Trip
\$20 for transportation, departs 9 a.m. | | |

June is National Candy Month!
Come celebrate with FREE candy!
(while supplies last)

EVERY TUESDAY IS
MOVIE NIGHT



A message from the CDC....



If interested in doing home childcare for the Navy Child and Youth Programs, please call the Child Development Center at 694-5965 or 694-5116. A state licence and navy certificate is required. Please call for more details.

**For discounted
tickets, stop
by the
ITT office
or call
694-3598.**



LAKE COMPOUNCE
One-day admission \$27



SIX FLAGS GREAT ADVENTURE New Jersey
One-day Theme Admission \$32 (includes safari)
Two-day Park only \$50
Three-day All Parks \$50



SIX FLAGS New England
One-day admission \$27
Season Passes \$67



**GREAT ESCAPE &
SPLASH WATER KINGDOM**
One-day Admission \$25



SALUTE TO ARMED FORCES
Saturday, June 9
6:30 p.m. start
FREE TICKETS
AVAILABLE NOW AT ITT



JUNE CLASSES

PRE-SEPARATION/TAP SEMINAR

June 12 through 14, 7:30 a.m. to 4 p.m.

Day one provides the pre-separation briefs. On day two and three, Department of Labor representatives discuss job search/employment tactics, educational benefits, etc. Service members are required to bring their DD-2648 prepared with the career counselor. Preregistration required by command career counselor. The seminar will be held in building 83, room B-40.

STRESS/ANGER/COMMUNICATION WORKSHOP

June 7 (part 1), 14 (part 2), 21 (part 3), 2 to 3:30 p.m.

This class is designed to help you learn the causes and effects of stress, how to handle them successfully and how to develop the coping skills and confidence you need to manage major changes. This workshop will be held in the FFSC classroom.

ART OF MONEY MANAGEMENT

June 14, 6 to 8 p.m.

For young adults, ages 18 and over. Provides in-depth instruction and information on developing successful money management skills. Includes checkbook management, establishing a credit history, understanding and using credit, debt to income ratio, spending strategies, and more! Call 694-3383 to register. Registration is limited.

DTAP

June 15, 9 to 11 a.m.

Service members with medical and PEB Board/service-connected disability claims should attend this class. A pre-discharge rating program (BDD) and guidelines are discussed in addition to vocational rehabilitation benefits. This class will be held in building 83, room B-40.

PRE-MARRIAGE INFORMATION CLASS

June 1, 2 to 3 p.m.

Getting married soon? Information provided on ID cards, DEERS, Tricare Medical/Dental Plans, BAH, FFSC programs, financial planning and more. Class will be held in the FFSC classroom.

BUDGETING FOR BABY

June 12, 9:30 to 11:30 a.m.

Financial and personal preparations for expectant parents. Baby's first seabag given up to six months prior to expected birth and up to one month after birth of baby. Call 694-3285 to register.

OMBUDSMAN ASSEMBLY MEETING/ TRAINING

June 28, 6 to 8 p.m.

Open to ombudsman, commanding officer/executive officer/chief of the boat, Chaplains and all their spouses. Meeting will be held in the conference room of building 439.

PCS WORKSHOP

June 13, 9 a.m. to noon

Get the latest scoop on relocation strategies! Get information on how to deal with movers, personal property entitlements, travel pay allowances, budgeting, living overseas and more. This workshop will meet in the FFSC classroom.

INDIVIDUAL AUGMENTEE TRAINING

Monday through Friday, by appointment only

This specialized brief is for IAs and family members. Find out how to prepare, what to expect and how an individual augmentation differs from a traditional deployment. Please call 694-3040 or 694-4848 to make an appointment.

BASIC MONEY MANAGEMENT

June 20, 9 to 11 a.m.

Wouldn't it be nice to know how much money you will have in your account the day before payday? Set some goals, learn how to "make ends meet" without resorting to credit cards and loans to meet your normal monthly expenses.

READING & UNDERSTANDING YOUR CREDIT REPORT

June 28, 9 to 11 a.m.

NFCU will discuss information on credit reports and how it is used by banks, loan companies and credit card companies, rental property agencies, potential employers and can be part of a job security clearance process. Bring a copy of your Credit report, available at www.annualcreditreport.com to the class and find out how to read the report, understand it and correct any errors you may find.

SAVI VICTIM ADVOCATE INITIAL TRAINING

June 26 to 29, 8:30 a.m. to 4 p.m.

Sexual assault victim intervention training for command victim advocates and command POCs includes program elements, victim advocate responsibilities, and communication skills. Training is in compliance with OPNAV 1752.1B. For more information regarding initial or refresher training contact the SARC at 694-2791.

CFS TRAINING

June 4 to 8, 7:30 a.m. to 4 p.m.

For command-sponsored E-6s and above and ombudsmen. Counseling strategies, budgeting, insurance, and avoiding rip-offs.

IDENTITY THEFT

June 12, 9 to 11:30 a.m.

What is identity theft? What are the warning signs? How can you prevent it? What to do if you are a victim.

SPONSORSHIP TRAINING

June 14, 9 to 11 a.m.

Train your command sponsors to be the best! This brief covers everything that newly assigned or future sponsors need to know about being an effective sponsor. Participants will be provided with a sponsor activity checklist, sample letters, and great tips for being an outstanding sponsor.

FINANCIAL PLANNING FOR DEPLOYMENT

June 19, 10 to 11:30 a.m.

Learn how to be pro-active in your financial planning for deployment. What can you do ahead? what should you expect?

PREDATORY LENDING

June 21, 10 to 11 a.m.

Are you a target for predatory lenders? You may be, and not even know it! In this class you will learn about: who/what is a predatory lender, how to avoid them, and more. This class is especially helpful for command financial specialists and ombudsman. Class will be held in the FFSC classroom.

BASIC SAVINGS AND INVESTING

June 26, 9 to 10:30 a.m.

Are you managing money for the first time? Start off on the right track with the basic tools for financial success.

INTERVIEW CLASS

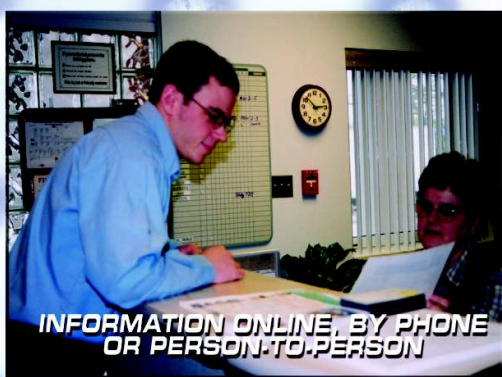
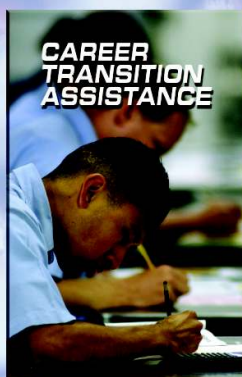
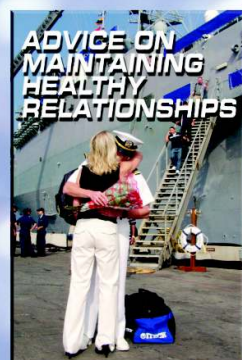
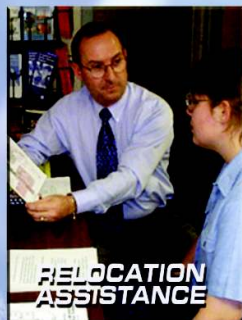
June 13, 9 to 11:30 a.m.

Don't be intimidated by the prospect of a job interview. Learn the secrets of the interview process! This workshop will cover tips and techniques to make the job interview work for you.

SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP) FOR TEENS

June 7, 14, 21, 28, 11 a.m to 1 p.m.

Would you like to understand your child better? This parenting series includes topics on building positive communication skills, how and when to use effective discipline techniques and encouraging your child to develop responsible and healthy attitudes.



Single Sailors
What's In It for You?



Meeting Your Needs. At Home. At Sea.

**Fleet and Family
Support Center**

For more information on course details,
course schedules and special events, please
call 694-3383.